

# Pork Stir-Fry

Meal Components: Vegetable - Dark Green, Vegetable - Red / Orange, Meat / Meat Alternate

Main Dishes, D-39B

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Cornstarch	4 1/2 oz	1 cup	9 oz	2 cups	<b>1.</b> Dissolve cornstarch in water and soy sauce. Add ginger, granulated garlic, and pepper.
Water, cold		1/2 cup		1 cup	
Low-sodium soy sauce		1/2 cup		1 cup	
Ground ginger		1/2 tsp		1 tsp	
Granulated garlic		3 Tbsp		1/4 cup 2 Tbsp	
Ground black or white pepper		2 tsp		1 Tbsp 1 tsp	
Low-sodium chicken stock, non-MSG		2 qt		1 gal	<b>2.</b> Heat chicken stock to a boil and slowly stir in cornstarch mixture. Return to a simmer.  <b>3.</b> Cook for 3-5 minutes, until thickened. Remove from heat.
*Fresh carrots, peeled, 1/4" chopped	5 lb 10 oz	1 gal 1 1/2 qt	11 lb 4 oz	2 gal 3 qt	
OR	OR	OR	OR	OR	<b>4.</b> Prepare no more than 50 portions per batch. Sauté carrots in oil for 4 minutes.

Vegetable oil		1/2 cup		1 cup	
*Fresh onions, diced	1 lb 6 oz	3 2/3 cups	2 lb 12 oz	1 qt 3 1/3 cups	<b>5.</b> Add onions and cook for 1 minute.  <b>6.</b> Add broccoli and cook for 2 more minutes. Remove to steamtable pans (12" x 20" x 2 ½"). For 50 servings, use 2 pans. Add salt. Keep warm.
*Fresh broccoli, chopped	4 lb 1 oz	1 gal 3 1/4 qt	8 lb 2 oz	3 gal 2 1/2 qt	
OR	OR	OR	OR	OR	
Frozen mixed oriental vegetables	4 lb 15 oz	2 qt	9 lb 14 oz	1 gal	
Salt		2 tsp		1 Tbsp 1 tsp	
Raw boneless pork shoulder or loin, cut ½" cubes, practically free of fat	11 lb		22 lb		<b>7.</b> Sauté pork cubes in oil for 3-5 minutes, until no signs of pink remain. Add pork to vegetables in steamtable pan. Add sauce and mix to coat pork and vegetables. CCP: Heat to 165° F or higher for at least 15 seconds.
Vegetable oil		1 cup		2 cups	
<b>8.</b> CCP: Hold for hot service at 135° F or higher. Portion with 2 rounded No. 10 scoops (¾ cup 1 Tbsp).					

Notes

Comments:

\*See Marketing Guide

Special Tips:

- 1) For an authentic Oriental flavor, substitute  $\frac{1}{4}$  cup of sesame oil for  $\frac{1}{4}$  cup of vegetable oil to sauté pork, for each 50 servings.
- 2) Fresh vegetable mixes can be varied to include combinations of broccoli, cabbage, celery, Chinese pea pods, onions, peppers, and water chestnuts.
- 3) Reduce salt if using regular soy sauce.
- 4) If using Oriental vegetables, add frozen vegetables to sautéed pork in step 7.

A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress.

Marketing Guide		
Food as Purchased for	50 Servings	50 Servings
Carrots	6 lb 13 oz	13 lb 10 oz
Mature onions	1 lb 9 oz	3 lb 2 oz
Broccoli	5 lb 1 oz	10 lb 2 oz

Serving	Yield	Volume
3/4 cup 1 Tbsp (2 rounded No. 10 scoops) provides 2 oz equivalent meat, 1/4 cup dark green vegetable, and 1/4 cup red/orange vegetable.	<b>50 Servings:</b> about 23 lb 4 oz	<b>50 Servings:</b> about 2 gallons 2 quarts
	<b>100 Servings:</b> about 46 lb 8 oz	
		<b>100 Servings:</b> about 5 gallons

Nutrients Per Serving					
Calories	242	Saturated Fat	3 g	Iron	1 mg
Protein	21 g	Cholesterol	51 mg	Calcium	48 mg
Carbohydrate	11 g	Vitamin A	11921 IU	Sodium	286 mg
Total Fat	13 g	Vitamin C	30 mg	Dietary Fiber	3 g